

## General Information

The objective of this conference is to update professionals on the latest in diabetes management, education and research. It is specifically designed for health care professionals who work with patients with diabetes.

### *Special Sessions:*

Wednesday, October 9th, Pre-conference  
Location: Jordan Commons,  
9335 South State, Sandy, Utah

**Pre-Conference - The Diabetic Neuropathic Foot and Its Complications - A Practical Approach:** Wednesday, October 9, 2002: Jordan Commons: 1:00 pm - 6:00 pm, (\$50 charge).

**Update Pre-conference Diabetes Basics 101:** 6:00 pm - 9:00 pm - Diabetes Overview, Meal Planning, Physical Activity, (\$50 charge)

• A training program especially designed for professionals new to diabetes education and may include medical assistants, pharmacy techs, nurses, dietitians, PA's, NP's, PT's, etc.

### *Conference Sponsors:*

*Association of Diabetes Educators of Utah  
American Diabetes Association Serving Utah  
Utah Diabetes Control Program  
Utah Pharmaceutical Association*

**Continuing Education Credits:** Continuing education credits have been applied for registered dietitians, registered nurses, licensed practical nurses, and pharmacists.

• For attending this conference, up to 11 contact hours (1.1 CEU's) of continuing pharmaceutical education credit can be awarded and a statement of credit within 30 days upon receipt of the attendance verification form. Utah Pharmaceutical Association is approved by the American Council on Pharmaceutical Education as a provider of continuing pharmaceutical education.

• ADEU is an approved provider of continuing education units for nurses by the Utah Nursing Association. The Utah Nurses Association is certified as an approver by the American Nurses Credentialing Center. Nursing and Dietitian contact/education hours have been applied for.

• Companies dedicated to the management of diabetes will be demonstrating their products throughout the conference. Without their generosity and support, this conference would not be possible. We extend our sincere thanks.

## *Diabetes Update Agenda October 10, 2002*

**7:00 am - 8:00 am - Early Bird Special**  
"Reimbursement" - Carol Ryan, PhD

**8:00 am - 9:00 am - General Session**  
"Family Dynamics" - William H. Polonsky, PhD, CDE

**9:00 am - 10:00 am - General Session**  
"The Primary Care Provider/Diabetes Educator:  
A Dynamic Duo" - David B. Winmill, MS, APRN

**10:00 am -10:15 am - Break**

**10:15 am -11:15 am - General Session**  
"Cardiovascular Risk Reduction in Diabetes:  
Apocalypse Now" - Kim L. Kelly, PharmD, BCPS, FCCP

**11:15 am -12:15 pm - Breakout Sessions**  
"Osteoporosis" - Alireza Falahati-Nini, MD  
"Adolescent Dynamics" - William H. Polonsky, PhD, CDE  
"Educational Strategies" - Nancy Cantor, PhD  
"Aggressive Treatment of Diabetic Dyslipidemia " -  
Venkatesh Babu G. Segu, MD

**12:15 pm - 2:00 pm - Lunch/Awards Banquet**

**2:00 pm - 3:00 pm - Breakout Sessions**  
"Obesity Initiative" - Michael Belfort, MD, PhD  
"Effective Diabetes Management through Adolescence"  
David Okubo, MD  
"Literacy Challenges" - Ann Marie Brooks, MSN, CDE  
and Carol Ryan, PhD

**3:00 pm -3:20 pm - Break**

**3:20 pm - 4:30 pm - General Session**  
"ADA Evidence Based Nutrition Recommendations,  
2002" - Karmeen Kulkarni, MS, RD, CD, CDE, BC-ADM

**Networking ADEU Activity - Video by ADA**  
4:40 pm - 5:30 pm - "Diabetes for Guys: A Guy Flick"

## *Diabetes Update Agenda October 11, 2002*

**7:00 am - 8:00 am: Early Bird Special**  
"Yoga for Real People with Real Bodies"  
Karen Donaldson, MS

**8:00 am - 9:00 am - General Session**  
"Stages of Change/Final Research"  
Laurie Ruggiero, PhD

**9:00 am - 10:00 am - General Session**  
""Preventing \*Natural Disasters in Diabetes"  
"Complimentary Therapies"" - Laura Shane McWhorter  
- PharmD, BCPS, FASCP, CDE, BC-ADM

**10:00 am -10:30 am - Break and Vendors**

**10:30 am -11:30 am - General Session**  
"Post Prandial Glucose" - Robert E. Jones, MD, FACP

**11:30 am -1:00 pm - Box lunch and vendors**

**1:00 pm - 2:00 pm - Breakout Sessions**  
"How you can use AADE's Diabetes Education Outcomes Standards?" - Donna Tomky, MS, RN, C-ANP, CDE  
"Gestational Diabetes" - Laura Shane McWhorter,  
PharmD, BCPS, FASCP, CDE, BC-ADM  
"Legislative Issues in Diabetes: Funding, Insurance,  
Discrimination" - Steve Bieringer, MS

**2:00 pm -2:15 pm - Break**

**2:15 pm - 3:15 pm - Breakout Sessions**  
"Stages of Change" - Laurie Ruggiero, PhD  
"Survival Skills for the Non-Dietitian" -  
Frances Catinella, RD, CDE  
"Ethnic Literacy" - Anne Marie Brooks, MSN, CDE  
"Blood, Sweat and Glucose (exercise/diabetes)" -  
Carol Ryan, PhD

**3:15 pm - 3:30 pm - Break**

**3:30 pm - 4:30 pm - Concluding Session**  
"Prevention of Diabetes: Obesity Treatment and Outcomes" - Anne Daly, MS, RD, BC-ADM, CDE

# Utah Diabetes Update 2002

## Speaker

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Alireza Falahati-Nini, MD  
Utah Physicians Care Centers  
Salt Lake City, Utah

David Okubo, MD  
FCYD, Camp Director  
Pediatric Adolescent Care  
Salt Lake City, Utah

William H. Polonsky, PhD, CDE  
Del Mar, California

Laurie Ruggiero, PhD  
University of Rhode Island  
East Providence, Rhode Island

Carol Ryan, PhD  
Utah Diabetes Control Program  
Salt Lake City, Utah

Venkatesh Babu G. Segu, MD  
St. Mark's Hospital  
Salt Lake City, Utah

Donna Tomky, MS, APRN, ANP-C, CDE  
Lovelace Medical Center  
Albuquerque, New Mexico

David B. Winnmill, MS, APRN  
Granger Medical Clinic  
Salt Lake City, Utah

Anne Elizabeth Shiel Daly, MS, RD, BC-ADM, CDE  
National President, Health/Education  
American Diabetes Association  
Springfield, Illinois

Karen Donaldson, MS  
Pocatello, Idaho

Robert E. Jones, MD, FACP  
University of Utah  
Salt Lake City, Utah

Kim L. Kelly, PharmD, BCPS, FCCP \*  
LifeScan  
Milpitas, California

Karmeen Kulkarni, MS, RD, CD, CDE,  
BC-ADM  
St. Mark's Hospital - Diabetes Center  
Salt Lake City, Utah

Laura Shane-McWhorter, PharmD, BCPS,  
FASCP, CDE, BC-ADM  
University of Utah - College of Pharmacy  
Salt Lake City, Utah

James Morgan, MD  
Salt Lake City, Utah

Cordell Atkins, MS, PT, CWS, CDE  
LDS Hospital  
Salt Lake City, Utah

Michael Belfort, MD, PhD  
Utah Valley Regional Medical  
Provo, Utah

Steve Bieringer, MS  
American Diabetes Association  
Denver, Colorado

Ann Marie Brooks, MSN, CDE  
St. Mark's Hospital - Columbia  
Diabetes Center  
Salt Lake City, Utah

Nancy Cantor, PhD  
University of Utah - PCMC  
Salt Lake City, Utah

Frances Catimella, RD, CDE  
St. Mark's Hospital - Columbia  
Diabetes Center  
Salt Lake City, Utah

Gretel Crison, DPM  
Layton, Utah

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# Utah Diabetes Update 2002



*Association of Diabetes Educators of Utah*

**October 9-11, 2002  
South Towne  
Convention Center  
9575 South State Street  
Sandy, Utah**